

NORTHWEST LIFEGUARD CERTIFICATION TEST



GRADING CRITERIA

SPONSORS:

Seattle/King County Chapter of American Red Cross
in Cooperation with the Seattle Department of Parks and Recreation and
the King County Parks Department,



printed on recycled paper

Updated as of March 14, 2003

GRADING CRITERIA POINT REVIEW

(Minimum points for each section in parentheses)

SECTION I

Head High Crawl -Timed

A.	Timed Swim..... <i>(Minimum time 45 seconds to pass test)</i>	5
B.	Shallow Header	1
C.	Eye Contact.....	<u>2</u>
<i>(minimum 4)</i>		8

SECTION II

100 Yard Medley

A.	Wrist Tow for 25 yards	4
B.	Cross Chest Carry for 25 yards	3
C.	Single Armpit Assist on Back for 25 yards	2
D.	Underwater Swim for 25 yards <i>(minimum 1)</i> ...	<u>3</u>
		12

SECTION III

Rescue of a Spinal Injury Victim in Shallow Water

A.	Entry and Approach	2
B.	Stabilization, Turn and Control	4
C.	Carry, Pulse and Respiration	<u>3</u>
<i>(4 Points Combined minimum for Sections B & C)</i>		9

SECTION IV

Submerged Victim Recovery and Rescue Breathing

A.	Stride Jump and Call back-up	1
B.	Approach Stroke and Eye Contact.....	1
C.	Tuck/Pike Surface Dive	1
D.	Recover Victim and Set Up for Removal	4
E.	Rescue Breathing with Pocket Mask	3
F.	Assessment/Decision making after 1 minute	<u>1</u>
<i>(5 Points Combined minimum for Sections D, E, & F)</i>		11

SECTION V

Rescue a Struggling Victim

A.	Water entry and Call back-up	1
B.	Approach Stroke/Eye Contact	2
C.	Contact and Control	3
D.	Carry and Control	<u>4</u>
<i>(4 Points Combined for Sections C & D)</i>		10

TOTAL ***(Minimum score 38 points to pass test)*** **50**

NORTHWEST LIFEGUARD CERTIFICATION TEST

Purpose:

The purpose of this test is to examine your ability to perform a set of lifeguard, rescue, and physical skills required by many northwest aquatic agencies, including King County Parks and the Seattle Department of Parks and Recreation. Any candidate that does not pass a section is strongly encouraged to complete the rest of the test for practice and experience.

Safety:

The safety of test candidates and testers is crucial. For this reason we ask that candidates taking the test adhere to the following safety practices, immediately release any grasp if you are pinched or tapped by another candidate or tester. When a candidate is acting as a victim they should use these same signals to indicate that they are uncomfortable.

Equipment & Jewelry:

Equipment (i.e. goggles, nose plugs, swim caps, etc.) are not allowed during any portion of the test. No jewelry, watches, earrings or bracelets are allowed. Please bring a towel out on deck with you.

GRADING CRITERIA

SECTION I

- **HEAD HIGH CRAWL STROKE-TIMED**(8 points possible)

A. Timed Swim(0, 1, 2, 3, 4, or 5 points)

1. 29 seconds or less - 5 points
2. 30-33 seconds- 4 points
3. 34-37 seconds- 3 points
4. 38-41 seconds- 2 points
5. 42-45 seconds 1 point
6. 46 seconds or higher - zero points
7. If pool is 25 meters, add 10% to times
8. A student failing this portion cannot receive certification; however they may finish the test for experience. They will not receive the certification card regardless of their score. These people may retake the test at another time. They may and are encouraged to complete the test for practice.

B. Shallow Header(0 or 1 point)

1. The head must break the surface immediately after entering the water In a shallow dive.

C. Eye Contact.....(1 or 2 points)

1. Head must be held with a minimum of side to side movement.
2. Eye contact must be straight forward.
3. Turn must be open and head high.

CANDIDATE MUST HAVE 4 POINTS MINIMUM FOR SECTION I.

SECTION II

• 100 YARD MEDLEY(12 points possible)

***Note: A person may not advance their position by using the bottom of the pool or the side walls. The end walls may be used for advancement.*

A. Wrist Tow for 25 yards.....(0, 1, 2, 3 or 4 points)

1. Ready position (quick reverse) must be made before contact.
2. Tow must be Initiated with the victim in a front surface approach position.
3. Must have right hand to right wrist or left hand to left wrist.
4. Forward motion of the victim must be started by the rescuer before turning the victim.
5. Arm used for towing must be horizontal with the water and extended straight during towing.
6. Eye contact with victims head (except for quick glances forward for direction).

B. Cross Chest Carry for 25 yard(0, 1, 2, or 3 points)

1. If the rescuer chooses to use the scissors kick, the hip must be in the victim's back; doing the whip kick, the rescuer must be on their back.
2. Hands must grasp behind the armpit.
3. Victim must be secure and controlled.
4. Victim must be level with face clear of the water.

C. Single Arm Pit Assist on Back for 25 yards.....(0, 1, or 2 points)

1. Thumb must be up on the inside of the armpit.
2. Eye contact must be maintained (except for quick glances forward for direction).
3. Rescuer must be PUSHING the victim with a smooth motion, no jerking.

D. Underwater Swim for 25 yards.....(0, 1, 2, or 3 points)

1. The rescuer has 3 seconds after placing the victim on the wall to begin the underwater swim. After the first 3 seconds, each 3 seconds after that will count as 1 breath (see D-3).
2. Rescuer may use the wall to push off underwater, but not over the top of the water. The rescuer must submerge vertically down and push off underwater from the wall.
3. Rescuer may come up once for air without losing points. More than once, a point is deducted for each time.
4. When the rescuer comes up for air, 3 seconds are allowed to get a breath and go back down.
5. Any part of the body breaking the surface is counted as coming up for air.
6. A person may not advance their position in the water (stroke at surface), when coming up for air.

A SCORE OF 0 POINTS ON SECTION D WILL AUTOMATICALLY FAIL A CANDIDATE.

SECTION III

- **RESCUE OF A SPINAL INJURY VICTIM** (in shallow water).....(9 points possible)

A. Entry and approach.....(0, 1, or 2 points)

1. Call for Help, communicate "Spinal Injury", and activate the EMS.
Rescuer may use any combination of the following entries and approaches.
 - Slide in.
 - Underwater approach.
 - Head high breaststroke.
 - Walking

NOTE: No waves or rescuer reaches and stabilizes victim before waves reach the victim.

B. Stabilization Turn and Control(0, 1, 2, 3, or 4 points)

1. Elbow must be in line with the spine and sternum (if short arms, the rescuer must be under the victims arm and as close to the mid-line as possible).
2. Hand Placement:
 - For turn: mouth and nose must be covered.
 - For carry: fingers must be on cheekbone, but not over eyes.
3. Hand on back of head between base and crown.
4. There should be no pushing or pressure on jaw or base of neck.
5. Forward momentum must be started before turn.
6. Turn should be horizontal to water; head stable.
7. Protect head from movement.
8. No pressure on point of injury at cervical spine area.
9. The hand should not contact the back of the neck.
10. Improper technique that could result in serious injury or death to the victim is a zero score and fails this section.

C. Pulse and Respiration check(0, 1, 2, or 3 points)

1. Body must be moved smoothly.
2. Hand placement should not change, except to check pulse.
3. Breathing should be checked 3-5 seconds with finger over nose and mouth.
4. Pulse should be checked 5-10 seconds with thumb on jaw line and fingers on a carotid artery. Maintaining contact on the face is not necessary.
5. Pulse and respiration condition should be called out.

CANDIDATE MUST SCORE A MINIMUM OF 4 POINTS TOTAL COMBINED SCORE FOR SECTIONS B AND C TO PASS TEST.

SECTION IV

- **SUBMERGED VICTIM RECOVERY AND RESCUE BREATHING**(11 points possible)

A. Stride Jump(0 or 1 point)

1. Call help and activate the EMS System.
2. Head cannot go below the surface of the water.

B. Approach stroke and eye contact(0 or 1 point)

1. A slow stroke is unacceptable.

C. Surface Dive.....(0 or 1 point)

2. Dive must be straight down or at a very slight angle.
3. Rescuer may only dive once.
4. Rescuer must bring victim straight up, and not at an angle.

D. Recover Victim(0, 1, 2, 3 or 4 points)

1. Firm contact must be maintained on the way up with the victim's face/mouth breaking the surface immediately and it should not be allowed to go under again.
2. Firm contact and control must be maintained at all times with an appropriate carry to shallow water.
3. Contact and control must be maintained while preparing for removal from pool.

E. Rescue Breathing with pocket mask(0, 1, 2 or 3 points)

1. Rescuer should begin victim assessment and rescue breathing with pocket mask as quickly as possible on the pool deck.
 - a) Open the Airway.
 - b) Check Breathing (3-5 seconds)
 - c) Report and call out victim's breathing condition
 - d) Give 2 Full, Slow Breaths
 - e) Check Pulse (5-10 seconds)
 - f) Report and call out victim's pulse condition
2. Proper ventilation for mouth to mouth is 1 breath every 5 seconds until tester indicates one minute check.
3. Rescuer will continue course of action until tester indicates one minute check.

F. Assessment/Decision making after 1 minute(0 or 1 point)

1. Re-assessment (5 seconds) at the one minute check is:
 - a) Maintain open airway.
 - b) Feel for breathing.
 - c) Check for pulse.
 - d) Call out condition and course of action, then initiate course of action.
 - e) If breathing, monitor closely.
 - f) Pulse, no breathing, continue rescue breathing.
 - g) No breathing, No pulse, begin CPR.

CANDIDATE MUST SCORE A MINIMUM OF 5 POINTS FOR A COMBINED SCORE FOR SECTIONS D, E, AND F TO PASS.

SECTION V

- **STRUGGLING VICTIM**(10 points possible)
- A. Water Entry**(0 or 1 point)
 1. Call for assistance or back-up
 2. No diving In less than 6 feet of water. Any dive must be a "shallow header".
 3. Jump to bottom is permitted, correct entry for situation (no stride jump in less than 4 feet of water).
- B. Approach Stroke/Eye Contact**(0, 1, or 2 points)
 1. Head shall be held with a minimum of side to side movement.
 2. Eye contact must be straight forward, focus on the victim at all times.
 3. Points will be deducted for an excessively slow approach.
- C. Contact and Control**(0, 1, 2, or 3 points)
 1. If victim gets out of hold more than once, points will be deducted.
 2. A front surface approach is not acceptable.
 3. Surface dive to the rear or swim to the rear of the victim is okay.
 4. Points will be deducted if any contact and control technique causes the victim's face or mouth to go under the water. All contact should support the victim in the water.
- D. Carry and Control**(0, 1, 2, 3, or 4 points)
 1. Any carry may be used that meets all the principles of effective carry:
 - Victim's head above the water.
 - Victim secure.
 - Rescuer in safe position.
 - Rescuer is able to maintain an adequate forward progress.
 2. Rescuer should not over compensate hold to the point of hurting the victim (i.e. rescuers biceps pressing too hard on the victim's throat, carotid artery or digging fingernails, etc.).
 3. Struggling will continue until victim feels secure. The rescuers grip will be continually tested.
 4. If the victim's face is underwater, the victim will continue to struggle.

CANDIDATE MUST SCORE A MINIMUM OF 4 POINTS TOTAL FOR THE COMBINED SCORE FOR SECTIONS C AND D TO PASS TEST.

2003

NORTHWEST LIFEGUARD TEST SCHEDULE

Feb. 23 Sunday..... **Meadowbrook Pool ~ (206) 684-4979**
8:30 am 10515 35 Ave NE, Seattle

March 30 Sunday..... **Evans Pool (206) ~ 684-4961**
8:30 am 7201 E Green Lake Dr N, Seattle

May 10 Saturday..... **Madison Pool ~ (206) 684-4979**
8:30am 13401 Meridian Ave N, Seattle

June 8 Sunday..... **Medgar Evers Pool ~ (206) 684-4766**
8:30 am 500 23rd Ave, Seattle

June 28 Saturday..... **Madison Pool ~ (206) 684-4979**
8:30am 13401 Meridian Ave N, Seattle

September 20 Saturday..... **Renton Pool ~ (206)296-4335**
8:30am 16740 128th Ave SE, Renton

REGISTRATION IS REQUIRED IN ADVANCE.

1. Call the pool at least three days prior to the test to register. The program will be cancelled if less than 10 are registered and will be capped at 60. Those not registered will not be tested.
2. A minimum age of 15 by the date of the test is required. American Red Cross Lifeguarding Training certification or equivalent is recommended.
3. Grading criteria and test information is available at all City of Seattle, City of Bellevue and King County pools or online at www.cityofseattle.net/parks/aquatics/lifeguardtest.htm
4. The test will last approximately three hours.
5. Bring a **pocket mask**, swim suit and towel.
6. Fee: None
7. Use of special equipment (i.e. goggles, nose plugs, fins, etc.) is not allowed during the test.

Sponsors: Seattle/King County Chapter of American Red Cross in Cooperation with the Seattle Department of Parks and Recreation and the King County Parks Department.

NOTE: This test requires body contact rescues and carries without the use of rescue tubes or equipment.

printed on recycled paper